

Carrots with Garlic and Basil – serves 4 to 5

Ingredients*

1 pound of fresh **whole carrots** OR **baby carrots**
½ cup water
2-3 teaspoons **vegetable oil**
2-3 cloves garlic, crushed and minced, OR ¼ teaspoon garlic powder
½ teaspoon dried basil
Salt and pepper

Instructions

1. Wash your hands before preparing food.
2. Wash carrots, peel if desired, cut off stems and tips of whole carrots. Slice thinner ends ½ inch thick and thicker ends ¼ inch thick. If using baby carrots, cut in half lengthwise.
3. Place water, vegetable oil, and carrots in large saucepan / skillet with a cover. Bring to a boil, turn to medium and boil gently for 2-3 minutes.
4. Remove cover and add garlic and dried basil. Leave cover off, and continue to cook for 3-5 minutes allowing all of the water to evaporate. Stir every few minutes, to prevent sticking.
5. When carrots are desired tenderness, remove from stove and sprinkle with salt and pepper.
6. This makes a great side dish with meat and potatoes or other starch.

Notes and Ideas:

- The vegetable oil helps your body absorb the vitamin A compounds in the carrots
- You can use 2-3 Tablespoons of fresh basil that has been shredded in place of dried basil; sprinkle it on at the end of cooking
- You can also use jarred pesto in place of the oil, garlic and basil – use about 1 Tablespoon of pesto
- Fresh green beans are really good mixed with the carrots in this recipe OR canned green beans could be added at the end of cooking

Source: LTBB of Odawa Indians FDPIR and Community Health programs

*Foods in **bold** are available through your tribe's FDPIR (Food Distribution Program on Indian Reservations).